

PREPARING FOR YOUR COLONOSCOPY

With Polyethylene Glycol (PEG) 3350 with Electrolytes (GaviLyte-G)

Questions after reading this?

Call the GI Triage Line at 720-723-6166, Monday – Friday and leave a message. An RN will call you back within 48 hours, or on Monday if you call on the weekend. For questions at night or on weekends, call 303-399-8020, select “0” and ask for the GI doctor on call.

As soon as you schedule your colonoscopy

- Please plan to arrive 60 minutes before your appointment time.
- Arrange for a responsible adult (at least 18 years old) to bring you here AND drive you home.
- You CANNOT drive yourself home or take a taxi or bus alone!
- *If you come alone, your appointment will be CANCELLED.*

14 days before your colonoscopy

- If you haven't received a bottle of **GaviLyte-G (Polyethylene Glycol (PEG) 3350 with Electrolytes)** in the mail, call us at 720-723-6166.
- The Anticoagulant Clinic should call you if you take a blood thinner such as Warfarin/Coumadin, Eliquis/Apixaban, Xarelto/Rivaroxaban or Pradaxa/Dabigatran. If they haven't by fourteen days prior to the procedure, call 720-723-6756.
- If you are on Plavix/Clopidogrel, Brilinta/Ticagrelor, Pletal/Cilostazol, Aggrenox/Aspirin with Dipyridamole or Prasugrel/Effient, you should receive a call from the GI Department at least fourteen days prior to the procedure. If you don't, please call 720-723-6166.

7 days before your colonoscopy

- STOP EATING corn, popcorn, frozen corn, seeds or nuts of any type. These foods are very difficult to clean from your colon.
- STOP taking any IRON supplements as they interfere with good bowel cleansing.

3 days before your colonoscopy

- STOP taking any Vitamin E, fish oil, mineral oil, or flaxseed oil. These can cause bleeding.

2 days before your colonoscopy

- For breakfast and lunch, eat as you normally would.
- For dinner, eat ONLY a SMALL, LIGHT meal. This is the last solid food you will have until after your colonoscopy. Drink only clear liquids the rest of the night.

The day before your colonoscopy

- *No solid foods today!*
- Drink ONLY clear liquids (liquids you can see through) such as Gatorade, soft drinks, clear juices (without pulp), Kool-Aid, Jell-O, popsicles, clear broth, black coffee or tea. *Drink lots of clear liquids to stay hydrated! The prep will work much better if you are.*
- DO NOT DRINK milk or dairy products, alcohol, beer, or any clear liquid or Jell-O that is red, orange, or purple in color. These dyes are difficult for the doctor to see through.

The night before your colonoscopy

- At 4 pm stop drinking clear liquids and do NOT put anything in your mouth.
- At 6 pm take the first dose of GaviLyte-G. Add room temperature drinking water to the fill line near the top of the container and shake it well to dissolve.
- For flavor, you may add 2 or 3 tablespoons of lemon-flavored Crystal Light mix to the bottle.
- To drink it cold, mix it early in the afternoon (but not before 12 pm) and put it in the refrigerator.
- Every 10 minutes drink approximately 8 ounces until you have ½ of the bottle left. Save this half to drink the next morning.
- After you drink the first ½ bottle, you may drink any clear liquids you'd like until midnight.
- GaviLyte-G is a laxative. It empties your colon, so the doctor will be able to see its walls and spot any abnormal growths (polyps). It will give you diarrhea! This is normal.
- *After midnight DON'T drink anything except what we instruct you to on the next page!*

TIP You may want to buy flushable baby wipes and Vaseline to use during your prep.

The day of your colonoscopy

- *Do not eat any solid food today, and drink clear liquids only as instructed below!*
- Approximately five hours before you leave your home for your appointment, finish the remaining ½ bottle of GaviLyte-G as you did the night before, drinking about 8 ounces every 10 minutes until it's gone. **Do not drink or eat anything else** until after your colonoscopy.
- Take any morning medications you need at least FOUR HOURS BEFORE your colonoscopy, with a few sips of water to swallow any pills, tablets or capsules.
- *During the FOUR HOURS BEFORE your colonoscopy, for your own safety, there should be NOTHING IN YOUR MOUTH, not even chewing gum.*
- *If you have ANYTHING in those four hours, even WATER, your colonoscopy will be delayed or canceled.*
- Your stool should be clear and yellow, with no solid particles in it.

- Come to your appointment 60 minutes beforehand! The GI Lab is on the 3rd floor of building D, Mount Harvard. Take elevator number 1 to the 3rd floor, and our waiting room will be on the east side of the building.

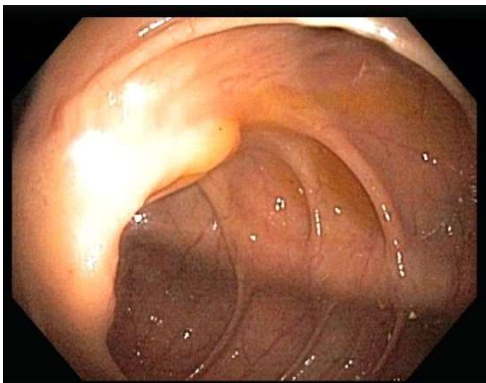
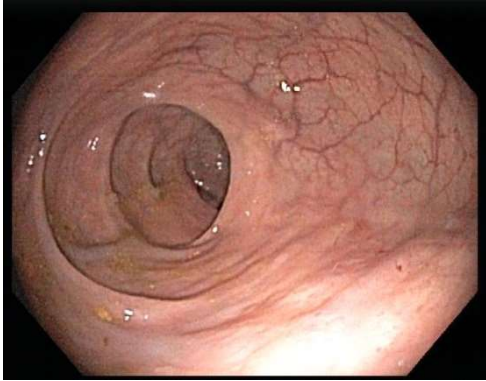
Do you have diabetes? Take special care while only drinking clear liquids!

- ✓ Monitor your blood sugar every 4 hours the day before your colonoscopy.
- ✓ If you use insulin, the morning of the day BEFORE your colonoscopy take ½ your normal morning insulin dose.
- ✓ If you take diabetes medications by mouth, the morning of the day BEFORE your colonoscopy take them as usual.
- ✓ The evening BEFORE your colonoscopy, DO NOT take any insulin or diabetes medications by mouth.
- ✓ The morning OF your colonoscopy, DO NOT take any insulin or other diabetes medications.

Why is following the directions so important?

Good prep:

Polyps are easier to see.



Bad prep:

Polyps/cancer could be missed!

